

East Cowes Marina Tide Tables 2026



All tide times and heights are corrected to local time and chart datum for Southampton Water – no further adjustment has been made. HW times and heights are predictions for the first HW, there is a stand at high tide and a second high water will occur between 1-3 hours later. Heights are in metres.

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January

Date	Time	HT	Date	Time	HT	Date	Time	HT	Date	Time	HT
1	02:09	1.6	16	02:53	2.0	1	03:58	1.2	16	04:03	1.5
Thu	08:32	4.5	Fri	09:08	4.1	Sun	10:15	4.6	Mon	10:24	4.4
	14:44	1.3		15:20	1.7		16:23	0.8		16:21	1.1
	21:05	4.4		21:46	4.1		23:18	4.6		22:49	4.5
2	03:07	1.4	17	03:39	1.8	2	04:43	1.0	17	04:39	1.2
Fri	09:27	4.6	Sat	09:59	4.3	Mon	11:24	4.7	Tue	10:56	4.5
	15:38	1.1		16:01	1.5		17:06	0.6		16:57	0.8
	21:58	4.5		22:34	4.3		23:59	4.7		23:23	4.6
3	04:00	1.2	18	04:20	1.6	3	05:25	0.8	18	05:15	0.9
Sat	10:21	4.7	Sun	10:41	4.4	Tue	12:05	4.7	Wed	11:32	4.6
	16:28	0.9		16:41	1.3		17:47	0.5		17:33	0.6
	23:21	4.7		23:09	4.4					23:55	4.7
4	04:50	1.1	19	04:59	1.4	4	00:40	4.7	19	05:50	0.8
Sun	11:36	4.8	Mon	11:19	4.5	Wed	06:07	0.7	Thu	12:08	4.7
	17:16	0.7		17:18	1.1	SP	12:45	4.6	SP	18:07	0.6
				23:46	4.5		18:27	0.5			
5	00:08	4.7	20	05:35	1.3	5	01:22	4.6	20	00:52	4.8
Mon	05:37	1.0	Tue	11:52	4.5	Thu	06:46	0.8	Fri	06:23	0.7
	12:20	4.8		17:53	1.0		13:26	4.6		12:44	4.8
	18:01	0.7					19:05	0.7		18:40	0.5
6	00:55	4.7	21	00:19	4.5	6	01:31	4.5	21	01:28	4.8
Tue	06:23	1.0	Wed	06:09	1.2	Fri	07:24	1.0	Sat	06:59	0.7
SP	13:05	4.7	SP	12:26	4.6		14:08	4.5		13:42	4.8
	18:45	0.7		18:27	0.9		19:42	0.9		19:16	0.6
7	01:45	4.7	22	01:17	4.6	7	02:06	4.4	22	02:08	4.8
Wed	07:07	1.1	Thu	06:43	1.1	Sat	08:00	1.2	Sun	07:36	0.8
	13:51	4.6		13:06	4.6		14:53	4.3		14:05	4.7
	19:28	0.9		19:01	0.9		20:17	1.2		19:54	0.8
8	01:59	4.5	23	01:53	4.7	8	02:46	4.3	23	02:54	4.7
Thu	07:50	1.2	Fri	07:20	1.1	Sun	08:35	1.5	Mon	08:16	1.0
	14:40	4.4		13:45	4.6		14:54	4.0		14:50	4.5
	20:11	1.1		19:38	0.9		20:53	1.6		20:36	1.1
9	02:46	4.4	24	02:34	4.7	9	03:22	4.1	24	03:12	4.3
Fri	08:35	1.5	Sat	07:59	1.1	Mon	09:14	1.8	Tue	09:03	1.4
	15:36	4.3		14:29	4.6		15:28	3.8		15:35	4.1
	20:56	1.4		20:18	1.0		21:35	1.9		21:28	1.6
10	03:29	4.2	25	03:20	4.6	10	03:57	3.9	25	04:06	4.0
Sat	09:22	1.7	Sun	08:42	1.3	Tue	10:04	2.1	Wed	10:04	1.8
	15:41	4.0		15:14	4.4		16:08	3.6		16:34	3.8
	21:45	1.7		21:03	1.2		22:39	2.3		22:44	2.1
11	04:18	4.1	26	03:44	4.4	11	04:32	3.6	26	05:12	3.8
Sun	10:15	2.0	Mon	09:34	1.5	Wed	11:20	2.3	Thu	12:22	2.0
	16:35	3.8		16:06	4.2	NP	18:22	3.7	NP	18:09	3.7
	22:42	2.0		21:58	1.5						
12	05:10	4.0	27	04:38	4.2	12	00:13	2.4	27	01:14	2.1
Mon	11:18	2.1	Tue	10:38	1.8	Thu	06:41	3.7	Fri	06:52	3.8
	17:31	3.7		17:03	4.0		13:23	2.3		13:47	1.8
	23:48	2.2		23:10	1.8		19:43	3.7		19:48	3.9
13	06:02	3.9	28	05:41	4.1	13	01:55	2.3	28	02:15	1.9
Tue	12:30	2.2	Wed	12:05	1.9	Fri	07:38	3.7	Sat	08:16	4.1
NP	18:31	3.6	NP	18:19	3.9		14:23	2.1		14:40	1.5
							20:29	3.8		20:53	4.2
14	00:57	2.2	29	00:46	2.0	14	02:45	2.1			
Wed	07:03	3.9	Thu	06:59	4.1	Sat	08:48	3.9			
	13:39	2.1		13:42	1.8		15:04	1.8			
	19:43	3.7		19:49	4.0		21:25	4.1			
15	02:00	2.1	30	02:11	1.8	15	03:25	1.8			
Thu	08:09	4.0	Fri	08:20	4.2	Sun	09:39	4.2			
	14:33	1.9		14:46	1.5		15:43	1.4			
	20:48	3.9		20:59	4.2		22:09	4.3			
			31	03:09	1.6						
			Sat	09:25	4.4						
				15:37	1.2						
				21:58	4.4						

Date	Time	HT	Date	Time	HT	Date	Time	HT	Date	Time	HT	
1	03:03	1.5	16	03:00	1.7	1	05:02	0.9	16	04:38	0.9	
Sun	09:12	4.3	Mon	09:10	4.1	Wed	11:50	4.5	Thu	10:57	4.6	
	15:25	1.1		15:14	1.4		17:21	0.7		16:56	0.7	
	22:33	4.5		21:41	4.3		23:20	4.8				
2	03:46	1.2	17	03:36	1.4	2	00:24	4.6	17	05:17	0.6	
Mon	10:32	4.5	Tue	09:54	4.3	Thu	05:41	0.7	Fri	11:38	4.8	
	16:07	0.8		15:52	1.0		12:26	4.5		17:35	0.5	
	23:06	4.6		22:20	4.5		17:59	0.6				
3	04:27	0.8	18	04:12	1.0	3	00:59	4.6	18	00:00	4.9	
Tue	11:09	4.6	Wed	10:30	4.5	Fri	06:19	0.7	Sat	05:55	0.4	
	16:47	0.5		16:30	0.7		13:02	4.5		12:36	4.9	
	23:42	4.7		22:54	4.7		18:36	0.7		18:14	0.4	
4	05:06	0.6	19	04:48	0.7	4	01:30	4.6	19	00:58	5.0	
Wed	11:46	4.6	Thu	11:07	4.7	Sat	06:54	0.8	Sun	06:35	0.4	
	17:25	0.4		17:06	0.5		13:37	4.5		13:18	4.9	
				23:31	4.8		19:10	0.9		18:54	0.5	
5	00:20	4.7	20	05:23	0.5	5	01:57	4.5	20	01:40	4.9	
Thu	05:45	0.6	Fri	11:42	4.8	Sun	07:26	0.9	Mon	07:15	0.5	
	12:23	4.6		17:41	0.4		14:10	4.4		14:03	4.9	
	18:03	0.5					19:40	1.1		19:35	0.7	
6	00:58	4.6	21	00:25	4.9	6	02:25	4.5	21	02:25	4.8	
Fri	06:22	0.7	Sat	05:59	0.4	Mon	07:51	1.1	Tue	07:56	0.7	
	13:01	4.5		12:40	4.9		14:43	4.4		14:54	4.7	
	18:39	0.7		18:17	0.4		20:03	1.3		20:18	1.0	
7	01:31	4.6	22	01:03	4.9	7	02:27	4.3	22	03:17	4.6	
Sat	06:55	0.9	Sun	06:36	0.5	Tue	08:14	1.3	Wed	08:42	1.0	
	13:37	4.5		13:21	4.9		15:19	4.3		16:01	4.5	
	19:10	0.9		18:54	0.6		20:29	1.5		21:08	1.4	
8	02:03	4.5	23	01:45	4.8	8	02:58	4.2	23	03:38	4.2	
Sun	07:25	1.1	Mon	07:14	0.6	Wed	08:45	1.5	Thu	09:38	1.4	
	14:13	4.4		13:46	4.7		16:01	4.1		16:24	4.1	
	19:38	1.2		19:33	0.8		21:04	1.8		22:16	1.8	
9	02:36	4.4	24	02:06	4.6	9	03:35	3.9	24	04:46	3.9	
Mon	07:51	1.3	Tue	07:55	1.0	Thu	09:25	1.7	Fri	10:57	1.8	
	14:51	4.2		14:30	4.4		16:56	3.9		17:40	4.0	
	20:04	1.5		20:17	1.3		21:54	2.1		23:46	2.1	
10	02:33	4.1	25	02:51	4.3	10	04:15	3.7	25	06:04	3.8	
Tue	08:20	1.6	Wed	08:43	1.4	Fri	10:21	2.1	Sat	12:26	1.8	
	15:35	4.0		15:19	4.0		16:52	3.6		NP	18:51	4.0
	20:36	1.8		21:12	1.8		23:27	2.5				
11	03:08	3.9	26	03:41	3.9	11	06:					

Date	Time	HT	Date	Time	HT
1	05:02	0.9	16	04:38	0.9
Wed	11:50	4.5	Thu	10:57	4.6
	17:21	0.7		16:56	0.7
				23:20	4.8
2	00:24	4.6	17	05:17	0.6
Thu	05:41	0.7	Fri	11:38	4.8
	12:26	4.5		17:35	0.5
	17:59	0.6			
3	00:59	4.6	18	00:00	4.9
Fri SP	06:19	0.7	Sat	05:55	0.4
	13:02	4.5		12:36	4.9
	18:36	0.7		18:14	0.4
4	01:30	4.6	19	00:58	5.0
Sat	06:54	0.8	Sun SP	06:35	0.4
	13:37	4.5		13:18	4.9
	19:10	0.9		18:54	0.5
5	01:57	4.5	20	01:40	4.9
Sun	07:26	0.9	Mon	07:15	0.5
	14:10	4.4		14:03	4.9
	19:40	1.1		19:35	0.7
6	02:25	4.5	21	02:25	4.8
Mon	07:51	1.1	Tue	07:56	0.7
	14:43	4.4		14:54	4.7
	20:03	1.3		20:18	1.0
7	02:27	4.3	22	03:17	4.6
Tue	08:14	1.3	Wed	08:42	1.0
	15:19	4.3		16:01	4.5
	20:29	1.5		21:08	1.4
8	02:58	4.2	23	03:38	4.2
Wed	08:45	1.5	Thu	09:38	1.4
	16:01	4.1		16:24	4.1
	21:04	1.8		22:16	1.8
9	03:35	3.9	24	04:46	3.9
Thu	09:25	1.7	Fri	10:57	1.8
	16:56	3.9		17:40	4.0
	21:54	2.1		23:46	2.1
10	04:15	3.7	25	06:04	3.8
Fri	10:21	2.1	Sat NP	12:26	1.8
	16:52	3.6		18:51	4.0
	23:27	2.5			
11	06:06	3.6	26	01:07	2.0
Sat NP	12:13	2.3	Sun	07:10	3.8
	18:47	3.7		13:37	1.8
				19:58	4.0
12	02:00	2.4	27	02:13	1.9
Sun	08:06	3.7	Mon	08:16	3.8
	13:47	2.1		14:36	1.6
	19:46	3.7		20:59	4.1
13	02:40	2.1	28	03:06	1.6
Mon	08:22	3.7	Tue	09:16	4.0
	14:48	1.8		15:25	1.3
	21:13	4.1		21:49	4.3
14	03:20	1.8	29	03:51	1.3
Tue	09:32	4.0	Wed	10:04	4.1
	15:34	1.4		16:09	1.1
	22:01	4.3		22:34	4.4
15	03:59	1.3	30	04:32	1.1
Wed	10:15	4.3	Thu	11:33	4.3
	16:16	1.0		16:50	1.0
	22:40	4.6			

May			June		
Date	Time	HT	Date	Time	HT
1	00:03	4.5	16	04:46	0.7
Fri	05:13	0.9	Sat	11:05	4.7
	12:10	4.4		17:05	0.7
	17:30	0.9		23:28	4.9
2	00:33	4.5	17	05:30	0.5
Sat	05:51	0.9	Sun	12:14	4.9
SP	12:53	4.4	SP	17:50	0.6
	18:08	1.0			
3	01:03	4.5	18	00:36	5.0
Sun	06:28	1.0	Mon	06:14	0.5
	12:38	4.3		13:00	4.9
	18:44	1.2		18:35	0.7
4	01:32	4.5	19	01:22	4.9
Mon	06:59	1.1	Tue	06:59	0.6
	13:15	4.3		13:51	4.8
	19:14	1.3		19:22	0.8
5	02:01	4.5	20	02:11	4.8
Tue	07:24	1.2	Wed	07:46	0.7
	13:48	4.3		14:47	4.7
	19:38	1.5		20:11	1.1
6	01:58	4.3	21	03:06	4.6
Wed	07:50	1.3	Thu	08:37	1.0
	15:04	4.3		15:58	4.5
	20:08	1.6		21:05	1.4
7	02:34	4.2	22	04:10	4.4
Thu	08:24	1.4	Fri	09:33	1.3
	15:45	4.2		16:17	4.3
	20:46	1.8		22:05	1.6
8	03:16	4.0	23	04:31	4.1
Fri	09:07	1.6	Sat	10:36	1.5
	16:37	4.1		17:19	4.2
	21:35	2.0		23:11	1.8
9	03:58	3.8	24	05:33	3.9
Sat	10:03	1.9	Sun	11:41	1.6
	16:40	3.9		18:21	4.1
	22:47	2.2			
10	04:48	3.6	25	00:17	1.9
Sun	11:25	2.0	Mon	06:38	3.8
	17:39	3.8		12:45	1.7
				19:16	4.1
11	00:09	2.2	26	01:22	1.9
Mon	05:54	3.6	Tue	07:38	3.8
	12:40	1.9		13:47	1.7
	18:49	3.8		20:11	4.1
12	01:19	2.1	27	02:22	1.7
Tue	07:15	3.7	Wed	08:32	3.9
	13:46	1.7		14:43	1.6
	20:07	4.1		21:07	4.2
13	02:21	1.8	28	03:15	1.6
Wed	08:32	4.0	Thu	09:25	4.0
	14:44	1.4		15:33	1.5
	21:12	4.3		21:54	4.2
14	03:14	1.4	29	04:01	1.4
Thu	09:33	4.3	Fri	10:16	4.1
	15:34	1.1		16:19	1.4
	22:03	4.6		22:35	4.3
15	04:01	1.0	30	04:44	1.3
Fri	10:20	4.5	Sat	10:59	4.2
	16:21	0.9		17:02	1.3
	22:48	4.8		23:18	4.3
			31	05:25	1.2
			Sun	11:44	4.2
				17:43	1.3
				23:56	4.3

July			August								
Date	Time	HT	Date	Time	HT	Date	Time	HT	Date	Time	HT
1	00:23	4.4	16	00:57	4.8	1	01:13	4.5	16	02:03	4.6
Wed	06:26	1.3	Thu	06:42	0.5	Sat	07:15	1.0	Sun	07:46	0.6
	12:51	4.3	SP	13:31	4.8	SP	13:36	4.5		14:43	4.7
	18:45	1.5		19:04	0.8		19:30	1.2		20:06	0.9
2	00:56	4.3	17	01:41	4.7	2	01:43	4.5	17	02:46	4.5
Thu	07:01	1.2	Fri	07:26	0.5	Sun	07:45	0.9	Mon	08:24	0.8
SP	13:24	4.4		14:19	4.7		14:35	4.7		14:47	4.5
	19:18	1.5		19:48	0.8		20:02	1.1		20:45	1.1
3	01:28	4.3	18	02:27	4.6	3	02:23	4.6	18	03:33	4.4
Fri	07:32	1.2	Sat	08:09	0.6	Mon	08:18	0.9	Tue	09:02	1.2
	14:38	4.5		15:10	4.7		15:11	4.7		15:27	4.4
	19:48	1.5		20:31	0.9		20:38	1.1		21:23	1.4
4	02:02	4.3	19	03:16	4.5	4	03:03	4.6	19	03:40	4.1
Sat	08:04	1.2	Sun	08:52	0.8	Tue	08:54	1.0	Wed	09:41	1.5
	15:03	4.5		15:26	4.5		15:53	4.7		16:04	4.2
	20:23	1.4		21:15	1.2		21:18	1.2		22:04	1.8
5	02:43	4.3	20	04:10	4.3	5	03:44	4.4	20	04:15	3.9
Sun	08:40	1.2	Mon	09:35	1.1	Wed	09:36	1.2	Thu	10:26	1.9
	15:40	4.5		16:09	4.3		16:16	4.5		16:41	3.9
	21:02	1.4		22:01	1.4		22:04	1.4		22:56	2.1
6	03:25	4.3	21	04:24	4.1	6	04:32	4.3	21	04:52	3.6
Mon	09:21	1.2	Tue	10:22	1.5	Thu	10:26	1.4	Fri	11:29	2.3
	16:24	4.5		17:02	4.2		17:03	4.3		17:16	3.7
	21:47	1.5		22:51	1.7		23:00	1.7			
7	04:13	4.3	22	05:14	3.9	7	05:29	4.1	22	00:10	2.3
Tue	10:08	1.3	Wed	11:14	1.8	Fri	11:28	1.8	Sat	07:19	3.8
	16:44	4.4		17:49	4.1		18:02	4.1	NP	12:54	2.5
	22:39	1.6		23:48	2.0					19:20	3.8
8	05:02	4.2	23	06:07	3.7	8	00:16	1.9	23	01:44	2.3
Wed	11:03	1.5	Thu	12:15	2.1	Sat	06:34	3.9	Sun	08:23	3.7
	17:40	4.3		18:38	3.9	NP	12:53	2.0		14:22	2.4
	23:40	1.7					19:13	4.0		20:08	3.7
9	06:03	4.1	24	00:54	2.1	9	01:54	1.9	24	02:57	2.2
Thu	12:07	1.6	Fri	07:07	3.6	Sun	07:59	3.9	Mon	09:03	3.8
	NP	4.2	NP	13:23	2.2		14:32	2.0		15:24	2.2
				19:40	3.8		20:41	4.1		21:25	3.9
10	00:48	1.7	25	02:06	2.1	10	03:16	1.7	25	03:47	1.9
Fri	07:06	4.0	Sat	08:20	3.7	Mon	09:32	4.2	Tue	10:05	4.1
	13:18	1.7		14:34	2.2		15:43	1.7		16:09	1.9
	19:42	4.2		20:46	3.9		21:53	4.4		22:19	4.1
11	02:00	1.7	26	03:13	2.0	11	04:13	1.3	26	04:28	1.5
Sat	08:17	4.1	Sun	09:30	3.8	Tue	10:30	4.4	Wed	10:52	4.3
	14:29	1.7		15:37	2.1		16:36	1.4		16:49	1.6
	20:51	4.3		21:46	4.0		22:47	4.5		23:05	4.4
12	03:10	1.5	27	04:06	1.8	12	05:00	0.9	27	05:06	1.2
Sun	09:31	4.2	Mon	10:27	4.0	Wed	11:56	4.7	Thu	11:33	4.5
	15:37	1.5		16:27	1.9		17:22	1.0		17:26	1.3
	21:59	4.5		22:39	4.2					23:39	4.5
13	04:12	1.2	28	04:50	1.5	13	00:00	4.7	28	05:43	1.0
Mon	10:34	4.4	Tue	11:17	4.3	Thu	05:45	0.6	Fri	12:09	4.6
	16:37	1.3		17:11	1.6		12:34	4.8		18:01	1.1
	22:58	4.6		23:27	4.3		18:06	0.8			
14	05:06	0.9	29	05:31	1.3	14	00:40	4.8	29	00:16	4.6
Tue	12:00	4.7	Wed	11:56	4.4	Fri	06:26	0.4	Sat	06:17	0.8
	17:30	1.1		17:51	1.4		13:15	4.8		12:37	4.7
	23:47	4.7					18:47	0.7		18:33	1.0
15	05:56	0.7	30	00:08	4.4	15	01:21	4.7	30	00:46	4.7
Wed	12:45	4.7	Thu	06:08	1.1	Sat	07:07	0.4	Sun	06:49	0.8
	18:18	0.9		12:34	4.5	SP	13:57	4.8		13:10	4.7
				18:27	1.3		19:27	0.7		19:05	0.9
			31	00:40	4.4				31	01:22	4.7
			Fri	06:43	1.0				Mon	07:21	0.7
				13:07	4.5				SP	14:06	4.8
				18:59	1.2					19:37	0.9

September				October							
Date	Time	HT		Date	Time	HT		Date	Time	HT	
1	02:18	4.8		16	02:55	4.4		1	02:37	4.8	
Tue	07:52	0.8		Wed	08:27	1.3		Thu	08:06	1.0	
	14:44	4.8			15:25	4.5			14:37	4.7	
	20:12	0.9			20:42	1.5			20:28	1.1	
2	02:58	4.8		17	03:37	4.3		2	03:01	4.6	
Wed	08:28	0.9		Thu	08:57	1.7		Fri	08:48	1.4	
	15:25	4.7			16:08	4.3			15:19	4.4	
	20:50	1.1			21:12	1.8			21:13	1.5	
3	03:18	4.5		18	03:30	4.0		3	03:45	4.2	
Thu	09:09	1.2		Fri	09:28	2.0		Sat	09:39	1.8	
	15:43	4.5			15:47	3.9			16:06	4.1	
	21:34	1.4			21:50	2.1			22:16	2.0	
4	04:03	4.3		19	04:03	3.7		4	04:53	3.9	
Fri	09:56	1.6		Sat	10:18	2.4		Sun	11:14	2.3	
	16:29	4.2			16:15	3.6			17:24	3.9	
	22:29	1.8			23:19	2.4					
5	04:58	3.9		20	06:40	3.8		5	00:41	2.1	
Sat	11:01	2.1		Sun	12:47	2.6		Mon	06:28	3.9	
	17:30	3.9		NP	19:00	3.8		NP	13:18	2.2	
									19:02	3.9	
6	00:13	2.1		21	01:23	2.4		6	01:51	1.9	
Sun	06:19	3.8		Mon	07:45	3.8		Tue	07:51	4.0	
NP	13:23	2.3			14:05	2.5			14:20	2.0	
	19:03	3.9			20:32	3.8			20:17	4.0	
7	02:13	2.0		22	02:26	2.2		7	02:46	1.7	
Mon	08:07	3.9		Tue	08:28	3.8		Wed	09:05	4.3	
	14:43	2.1			14:58	2.3			15:12	1.7	
	20:37	4.1			20:51	3.8			21:22	4.3	
8	03:12	1.7		23	03:14	1.9		8	03:34	1.3	
Tue	09:25	4.2		Wed	09:31	4.1		Thu	09:57	4.5	
	15:36	1.7			15:40	1.9			15:56	1.4	
	21:45	4.3			21:50	4.1			22:57	4.6	
9	04:00	1.3		24	03:55	1.6		9	04:16	1.0	
Wed	10:23	4.5		Thu	10:20	4.4		Fri	11:43	4.8	
	16:22	1.3			16:18	1.6			16:38	1.1	
	22:35	4.5			22:31	4.4			23:28	4.6	
10	04:43	0.9		25	04:33	1.2		10	04:57	0.8	
Thu	11:46	4.7		Fri	11:00	4.6		Sat	12:03	4.8	
	17:04	1.0			16:54	1.2		SP	17:18	0.9	
	23:44	4.7			23:13	4.6					
11	05:25	0.6		26	05:10	1.0		11	00:02	4.7	
Fri	12:19	4.8		Sat	11:34	4.7		Sun	05:36	0.7	
	17:45	0.8			17:28	1.0			12:36	4.8	
					23:44	4.7			17:58	0.8	
12	00:21	4.7		27	05:45	0.8		12	00:40	4.7	
Sat	06:04	0.5		Sun	12:08	4.8		Mon	06:15	0.8	
SP	12:57	4.8			18:03	0.8			13:11	4.7	
	18:24	0.7							18:35	0.9	
13	01:00	4.7		28	00:21	4.8		13	01:16	4.6	
Sun	06:42	0.5		Mon	06:19	0.7		Tue	06:51	1.0	
	13:35	4.8			12:45	4.9			13:41	4.7	
	19:02	0.7			18:37	0.7			19:10	1.1	
14	01:38	4.6		29	00:57	4.9		14	01:51	4.6	
Mon	07:20	0.7		Tue	06:53	0.7		Wed	07:26	1.2	
	14:13	4.7		SP	13:40	5.0			14:11	4.6	
	19:38	0.9			19:12	0.7			19:41	1.3	
15	02:16	4.5		30	01:55	4.9		15	02:27	4.5	
Tue	07:55	1.0		Wed	07:28	0.8		Thu	07:55	1.5	
	14:49	4.6			14:19	4.9			14:44	4.5	
	20:12	1.2			19:48	0.9			20:06	1.5	
								31	02:20	4.6	
								Sat	07:41	1.5	
									14:11	4.4	
									20:08	1.5	

November				December										
Date	Time	HT	Date	Time	HT	Date	Time	HT	Date	Time	HT			
1	03:40	4.4	16	02:28	4.1	1	03:43	4.3	16	02:58	4.2			
Sun	08:42	1.9	Mon	08:18	2.2	Tue	09:39	1.8	Wed	08:46	1.9			
	15:09	4.1			16:58	4.2		15:09	4.1					
	21:23	1.9			22:10	1.7		21:09	1.8					
2	03:59	4.1	17	03:20	4.0	2	04:46	4.2	17	03:48	4.2			
Mon NP	10:11	2.1	Tue	09:22	2.4	Wed	10:47	2.0	Thu	09:42	2.0			
	16:28	4.0			15:25		3.8			16:04	4.0			
	22:57	2.0			21:58		2.2			22:09	1.9			
3	05:13	4.1	18	04:17	3.9	3	05:49	4.2	18	04:41	4.1			
Tue	11:35	2.1	Wed	10:45	2.4	Thu	11:54	2.0	Fri	10:48	2.0			
	17:36	3.9		NP	16:28		3.7	NP		17:01	3.9			
							23:17			2.2		23:18	1.9	
4	00:08	1.9	19		05:21	3.9	4		00:21	1.8	19	06:35	4.2	
Wed	06:25	4.1	Thu	11:55	2.3	Fri	06:47	4.2	Sat	11:57	2.0			
	12:41	2.0			17:42		3.7			18:05	3.9			
	18:43	4.0												
5	01:07	1.7	20	00:21	2.0	5	01:20	1.8	20	00:25	1.8			
Thu	07:27	4.3	Fri	06:32	4.0	Sat	07:41	4.3	Sun	06:46	4.2			
	13:36	1.8			12:55		2.0			13:02	1.8			
	19:47	4.1			18:59		3.9			19:13	4.1			
6	01:58	1.5	21	01:18	1.8	6	02:11	1.7	21	01:28	1.7			
Fri	08:24	4.4	Sat	07:41	4.3	Sun	08:31	4.3	Mon	07:53	4.4			
	14:24	1.5			13:48		1.7			14:02	1.5			
	20:41	4.3			20:03		4.2			20:21	4.3			
7	02:44	1.3	22	02:09	1.5	7	02:59	1.6	22	02:26	1.5			
Sat	09:09	4.5	Sun	08:38	4.6	Mon	10:32	4.5	Tue	08:54	4.6			
	15:08	1.3			14:35		1.4			14:57	1.2			
	22:15	4.5			20:58		4.5			21:21	4.5			
8	03:27	1.2	23	02:55	1.2	8	03:44	1.5	23	03:20	1.2			
Sun	10:49	4.7	Mon	09:21	4.7	Tue	10:01	4.4	Wed	09:47	4.7			
	15:50	1.1			15:21		1.0			15:49	1.0			
	22:50	4.5			21:41		4.7			22:12	4.7			
9	04:08	1.1	24	03:40	1.0	9	04:27	1.4	24	04:12	1.1			
Mon SP	11:18	4.7	Tue	10:08	4.9	Wed	10:42	4.5	Thu	10:36	4.9			
	16:31	1.0			16:05		0.8			16:39	0.8			
	23:34	4.6			22:27		4.8			23:29	4.9			
10	04:48	1.1	25	04:25	0.9	10	05:09	1.5	25	05:02	0.9			
Tue	11:01	4.6	Wed	10:49	4.9	Thu	11:21	4.5	Fri	11:27	4.9			
	17:10	1.1			16:50		0.7			17:28	0.6			
	23:22	4.4			23:37		5.0							
11	05:27	1.3	26	05:11	0.9	11	05:48	1.5	26	00:17	4.9			
Wed	12:20	4.6	Thu	11:39	5.0	Fri	11:58	4.5	Sat	05:50	0.9			
	17:45	1.2		SP	17:35		0.7	18:05		1.4	SP	12:34	4.9	
	23:59	4.4											18:15	0.6
12	06:02	1.5	27		00:25	4.9	12		00:22	4.4		27	01:06	4.9
Thu	12:51	4.6	Fri	05:57	1.0	Sat	06:21	1.6	Sun	06:38	0.9			
	18:16	1.4			12:45		4.9			13:21	4.8			
					18:22		0.8			19:02	0.7			
13	00:32	4.4	28	01:16	4.8	13	00:58	4.4	28	01:58	4.8			
Fri	06:32	1.6	Sat	06:46	1.1	Sun	06:49	1.7	Mon	07:26	1.0			
	12:43	4.4			13:03		4.3			14:12	4.7			
	18:43	1.5			19:03		1.5			19:49	0.9			
14	01:08	4.3	29	02:14	4.7	14	02:18	4.4	29	02:57	4.7			
Sat	06:59	1.8	Sun	07:38	1.4	Mon	07:21	1.8	Tue	08:13	1.2			
	13:19	4.3			13:41		4.3			15:09	4.5			
	19:13	1.7			20:05		1.3			20:37	1.1			
15	02:40	4.3	30	03:26	4.6	15	02:11	4.3	30	03:18	4.5			
Sun	07:32	2.0	Mon	08:34	1.6	Tue	08:00	1.8	Wed	09:05	1.5			
	13:56	4.1			15:40		4.4			16:19	4.3			
	19:50	1.8			21:04		1.5			21:30	1.4			
									31	04:11	4.3			
									Thu	10:01	1.7			
										16:28	4.0			
										22:29	1.7			